

**DON'T MISS
THIRD THURSDAYS
at THE FARMERS' MARKET AT
PINE COMMUNITY PARK**

JUNE 18th: Enjoy a cooking demonstration featuring Spring Vegetable Crêpes by Chef Josef Karst of Atria's Restaurant.

JULY 16th: Join us as we launch our first annual "Eat Local Challenge". Pledge to eat only local foods for a week, a day, or even just a meal!

AUGUST 21st: Our first 300 customers will receive a free reusable market bag, compliments of PNC Bank Pine Township.

SEPTEMBER 17th: Kids' Day. Be sure to bring your kids to help us celebrate our last Third Thursday of the season!

FARMERS' MARKET AT PINE COMMUNITY PARK
GETTING STARTED ON THE 2009 EAT LOCAL ADVENTURE

*If not **LOCALLY PRODUCED**, then **Organic**.
If not **ORGANIC**, then **Family farm**.
If not **FAMILY FARM**, then **Local business**.
If not a **LOCAL BUSINESS**, then **Fair Trade**.¹*

1. This is not supposed to be a lesson in self-denial. This is supposed to be about enjoying amazing food from just miles from your own house (or maybe even grown in your backyard), picked at the peak of freshness. So enjoy and have fun!
2. Figure out how long you want to embark on the Adventure. It doesn't have to be a full week. It can be a day, several days, or even one meal.
3. For the purposes of this Adventure, we are defining "local" as food that is grown/made within 100 miles of Pine Township. A great source for determining what exactly this means is www.100milediet.org. If you put in your location, the website will bring up a map showing you how far the 100 mile radius extends – almost to Erie and Cleveland, it includes foods made as far away as Akron, Canton, Youngstown, Altoona, Morgantown, and Clarksburg. If you have a question about whether a favorite food is considered "local" for the purpose of this Adventure, check out the map on this website. (The 100milediet.org website has lots of other interesting information as well. Other great websites for this challenge include www.eatlocalchallenge.com; www.vermontlocalvore.org; and www.lansingarealocalvores.org.)
4. Use your exemptions. We know there are foods you can't get locally that you can't happily live without. So salt and spices are an automatic exemption (and I'm including things like baking soda, baking powder, and even vanilla in that group). You also get four more exemptions -- like pasta, canola oil, white flour, and sugar. Other exemption possibilities you may wish to consider are olive oil, chocolate, coffee, vinegar, dried beans, salmon, nuts, peanut butter, oats, soy sauce, barley, lemons, and yeast.
5. Make it fun. Get your kids involved in planning the menu. Or throw a dinner party (maybe a potluck where everyone brings a favorite all-local dish). Create memories by making jam or homemade noodles with friends instead of going to see a movie.
6. Don't forget the questionnaire (last page of this packet)! We are really interested in your report on your Adventure. We kept the form short, so please remember to fill it out and bring it back next week (July 23rd) for a chance to win our basket of local prizes.
7. After the Adventure ends, continue to set your own personal "Eat Local" goals throughout the year, such as trying to spend at least 10% of your weekly grocery budget on local foods, shopping at a farmers' market, preserving your own food, planning your own garden for next year, deciding to only purchase local milk (or meat, etc.), and/or looking into joining a CSA.
8. Finally, even if your choices aren't 100% local, applaud your decision to make "more local" choices when possible. You frequent a local bakery, but are unsure whether they use local ingredients. Your coffee is from a local roaster, but you know the beans weren't grown around here. You buy a vinegar made in Ohio, but not within the 100 mile radius we are using for "local". Congratulate yourself – even small changes can make a big difference – maybe you can't always buy an apple grown at Soergel's in Wexford, but you can still try to keep it as local as possible by choosing one grown in West Virginia over one from New Zealand.

¹ *Locavore pledge as reported at www.lifebeginsat30.com/elc/2006/04/a_few_tips_for_.html.*

FINDING LOCAL FOOD IN SOUTHWESTERN PENNSYLVANIA, ESPECIALLY AROUND PINE TOWNSHIP

We are fortunate to have many farms and stores in the area that supply local products. If you are participating in the 2009 Eat Local Adventure, sponsored by the **Farmers' Market at Pine Community Park**, you are obviously aware of our Farmers' Market, which is held every Thursday until at least September 24th, from 3 p.m. to 6 p.m. But what if you need something like flour, that isn't sold at the Market, or if you need something at a different time in the week, or in December? The purpose of this guide is to help make finding high-quality, delicious local food as easy as possible.

That being said, I am sure that I missed many great sources when researching this guide. If you have some favorites that I missed, please let me know so that I can be sure to include them when I update the guide next year. Please also feel free to contact me with any questions that you may have about the guide (kpierson@zoominternet.net).

General

Soergel Orchards (Farmers' Market at Pine Community Park participant)

<http://www.soergels.com/>

2573 Brandt School Road

Wexford, PA 15090

724-935-1743

You can make many all-local meals from the wide variety of products found at Soergel's grocery and new natural food store (in addition, they offer a number of organic and gluten-free items). Local favorites here include: Brunton's milk, Zanella Milling Company's (West Sunbury, PA) whole wheat flour and cornmeal, Flaherty (Cook Forest) maple syrup, Maple Valley Farms (Pittsburgh) honey, Logan (Irwin, PA) natural beef, Ron Gargacz (Volant, PA) organic beef, beef jerky and beef sticks from Thoma's Meats of Saxonburg, Soergel's own popcorn, and Mediterra Bakehouse breads. The Troyer products they offer (cheeses, butter, etc.) are from Millersburg, Ohio, which is just barely within 100 miles of Pine Township.

Produce from Soergel's own farm this week includes: a variety of herbs, blueberries, raspberries, corn, green beans, candy onions, eggplant, Lodi apples, cucumbers, and pickling cucumbers. They also carry produce grown by other local farmers.

McGinnis Sisters – Adams Township

www.mcginnis-sisters.com

700 Adams Shoppes

Mars, PA 16046

724-779-1212

McGinnis Sisters features Pennsylvania chicken and pork (while this may or may not come from within the 100 mile radius we are shooting for, it is certainly more local than that raised in California!). In addition, the store is known for carrying a variety of other local foods, including Brunton's milk, Miller's Farm (New Wilmington, PA) eggs, Maple Valley honey, and Beaver Meadow (DuBois, PA) butter. The McGinnis Sisters website also has some great recipes, many of which are a good fit for our Eat Local Adventure.

Frankferd Farms Foods

www.frankferd.com

717 Saxonburg Blvd
Saxonburg, PA 16056
724- 352-9500

This certified organic farm and flour mill has an extensive catalog that includes a number of otherwise-hard-to-find local items. Delivery service is available (although Saxonburg is closer than it may seem!).

Meat

Mish Farms Meat Market (Farmers' Market at Pine Community Park participant)

www.mishfarms.com

80 Oak Road
Gibsonia, PA 15044
724-449-6328

Mish Farms has been producing all-natural, hormone-free, delicious local beef and other meat for over thirty years. They will custom cut your meat for you at their store in Gibsonia.

Richard Grimm Farm

488 Great Belt Road
Butler, PA 16002

The Richard Grimm Farm features excellent pork and chicken products, including eggs.

Produce

Christoff's Farm and Greenhouses (Farmers' Market at Pine Community Park participant)

41 Prestley Road
Bridgeville, PA 15017
412-221-9275

This family-owned small vegetable farm has been providing delicious produce since 1962. They have nine greenhouses and farm on thirty acres in Bridgeville. Their own fresh produce this week includes cucumbers, green beans, potatoes, peaches, plums, and melons. They also carry local eggs, honey, and jams. A CSA subscription is offered.

Pisarcik Greenhouses (Farmers' Market at Pine Community Park participant)

365 Browns Hill Road
Valencia, PA 16059
724-898-1434

While Pisarcik Greenhouses may be best known for their gorgeous flower bouquets, they also carry wonderful herbs and vegetables, including the cucumbers, zucchini, peppers, and yellow squash that are available now.

Space Farm Enterprise (Farmers' Market at Pine Community Park participant)

2639 Big Sewickley Creek Road
Sewickley, PA 15143
412-523-3363

Space Farm features hydroponically grown lettuce, tomatoes, and other produce.

One Woman Farm

5857 Valencia Rd
Valencia, PA 15044
412-913-7709

One Woman Farm is a new organic (although not certified) farm that opened this year in the Gibsonia area. A CSA subscription is offered.

The above-listed farms are just a small sampling of those that we are fortunate enough to have nearby. Some others include **Kaelin Farms & Market** (Wexford), **Dillner Family Farm** (West Deer), **Eichner's Farm** (Wexford), **Shenot Farms** (Marshall), **Harvest Valley Farm** (Valencia), **Reilly's Summer Seat Farm & Garden Center** (Pittsburgh), and **Kretschmann Farm** (Rochester). Several of these farms also offer CSAs. Good sources for more information on these and other farms in the area include www.pasafarming.org, www.buylocalpa.org and www.agmap.psu.edu.

Bread

Loafers Bread Company (Farmers' Market at Pine Community Park participant)

www.loafersbread.com
10600 Perry Highway
Wexford, PA 15090
724-935-2333
and

1713 Cranberry Commons State Route 228
Cranberry Township, PA 16066
724-776-9944

Finding local flour, much less bread made with local flour, in Southwestern PA isn't easy. While Loafers' bread may not be made from flour milled from wheat grown within 100 miles of Pine Township, Loafers not only bakes its bread locally, but even mills its own flour locally. The resulting bread is far more local (and delicious!) than the pre-bagged stuff in the grocery store!

Pasta

Callifonte Foods (Farmers' Market at Pine Community Park participant)

www.pastagiftbasket.net

125 Community Park Road
Vandergrift, PA 15690
724-568-1056

Callifonte Foods/Fontana Pasta makes its delicious pasta locally and uses local ingredients (including Lamagna cheese from Verona, PA) when possible. Products include dry and frozen pasta (including whole wheat pasta, spinach pasta, 7 different kinds of ravioli, and 4 kinds of gnocchi,) and a variety of sauces.

Milk

Brunton's Dairy

www.bruntondairy.com

3681 Ridge Road
Aliquippa PA 15001
724-375-5910

As Colleen Van Tassell of the Pittsburgh City Paper aptly wrote: "Brunton Dairy Farm's chocolate milk can end the war, halt global warming, fend off the IRS, make dogs like cats, kids eat liverwurst and ward off an onslaught of ocelots. It's also delicious." Their chocolate milk, sold in glass bottles, really is that good. They also sell wonderful whole, 2%, 1%, fat-free, and strawberry (my kids' favorite) milk, as well as ice cream and their own ground beef. Home delivery service is available in some locations, and their milk is also carried by Soergel's and McGinnis Sisters.

Marburger Farm Dairy

www.marburgerdairy.com

1506 Mars-Evans City Road
Evans City, PA 16033
1-800-331-1295

Marburger Dairy is a family-owned dairy serving all of western Pennsylvania. It is possibly best known for its award winning buttermilk and great cottage cheese. Home delivery service is available, and their products are also carried by Soergel's and McGinnis Sisters.

Cheese

Emerald Valley Artisan Cheese

www.emeraldvalleyfarm.com

166 Fava Farm Road
Scenery Hill, PA 15360
724-323-3324

Features Cheddar, smoked Cheddar, Colby, Swiss, mozzarella, smoked mozzarella, hot pepper, farmers, feta, ricotta, Parmesan, Ragusano, and fromage blanc (various herbed varieties). Emerald Valley cheeses are available at Whole Foods, among other places.

Coffee

Beecher's Coffee

www.beechersgelato.com

161 Windwood Drive
Wexford, PA 15090
724-522-5801

Although we won't find locally grown coffee beans around here, those wishing to use an exemption on coffee might want to consider Beecher's Coffee, as it is locally roasted, and is organically and sustainably grown, as well as being fair trade.

Wine

La Casa Narcisi Winery

www.narcisiwinery.com

4578 Gibsonia Road (Route 910)
Gibsonia, PA 15044
724-444-4744

The Narcisi family grows its own grapes on 10 beautiful acres in Gibsonia, as well as near Erie, PA. The grapes are crushed, pressed, and bottled at their winemaking facility in Gibsonia. Special events are held throughout the year.

Other Farmers' Market at Pine Community Park Participants

SweetHouse Bake Shoppe

www.sweethousebakeshop.com

118 Grand Avenue
Mars, PA 16046
724- 687-0170

If you are looking for cookies, cakes, and other treats made locally, this is the place to try!

Nellie's Sandwiches

3524 5th Ave
Pittsburgh, PA 15213-3310

-

The Farmers' Market at Pine Community Park owes many return customers to Nellie's wonderful spanikopita, pepperoni rolls, tabouleh, hummus, spinach pie with feta cheese, stuffed grape leaves (meat and vegetarian), mujadara, baklava, pita, and other Middle Eastern foods. Once you try Nellie's food, you'll be back every week!

Oak Hill Farm Nursery

www.oakhillfarmnursery.com

290 Glade Mill Road
Valencia, PA 16059
724-799-1845

Oak Hill Farm Nursery carries an extensive variety of hostas, daylilies, and other perennials. Owners Bob and Karen Danik are very knowledgeable and helpful.

The Alaska Wild Salmon Company

www.goodsalmon.com

515 Burkes Drive
Coraopolis, PA 15108
412-859-3611

This amazingly delicious salmon is sustainably line harvested, then frozen and shipped to Pittsburgh for sale by Julie Auth, the sister of the fisherman.

LaScola's Italian Ice

www.lascolasitalianice.com

724-766-1515

The LaScola family has been making authentic, homemade Italian ice in many delicious flavors for over 30 years.

Other sources

Your garden (or a neighbor's!)

Fresh herbs are easy to grow and can really jazz up a meal. In addition, items like bush green beans (we like La France and Blue Lake 47) are easy, tasty, and take up little space. Combine a couple of rows of beans (stagger the plantings and you'll have them throughout the summer) with a couple of tomato and zucchini or yellow squash plants in a small garden and you'll have the start of a number of wonderful, very local meals!

Edward Smith's [The Vegetable Gardener's Bible: Discover Ed's High-Yield W-O-R-D System for All North American Gardening Regions](#), is a great resource for those looking to start a backyard garden of any size.

Further Out

While these places all require a drive in to Pittsburgh, they are other excellent sources for local foods. **Giant Eagle** has also gotten better about carrying some local produce (which is typically identified as such, often with the name of the farm given).

Whole Foods

www.wholefoodsmarket.com/stores/pittsburgh

5880 Centre Ave

Pittsburgh, PA 15206

412-441-7960

Right by Nature

2350 Railroad St

Pittsburgh, PA 15222-4624

(412) 454-6200

The East End Food Co-op and Café

www.eastendfoodcoop.com

7516 Meade Street

Pittsburgh, PA 15208

412-242-3598

RESTAURANTS IN THE PINE TOWNSHIP AREA FEATURING LOCAL FOODS

The Pines Tavern

www.thepinestavern.com

5018 Bakerstown Road

Gibsonia, Pa. 15044

724-625-3252

The Pines Tavern is known for its menu items that showcase fresh produce grown in its own extensive gardens.

Atria's Restaurant & Tavern

www.atrias.com

12980 Perry Highway

Wexford, PA 15090

724-934-3660

(and other locations)

One way that Atria's Restaurant shows its commitment to local food is by participating in cooking demonstrations at the Farmers' Market at Pine Community Park.

Mad Mex

www.madmex.com

7905 McKnight Road

Pittsburgh, PA 15237-3035

412-366-5656

and

20510 Perry Highway

Cranberry Twp, PA 16066

724-741-5656

(and other locations)

The Big Burrito Restaurant Group (www.bigburrito.com), which owns the Mad Mex chain and a number of other restaurants in and around Pittsburgh, is known for its dedication to local food. Right now, for example, Mad Mex is featuring specials showcasing local corn (grilled corn on the cob, crabby corn quesadillas, and grilled chicken & corn burritos and enchiladas).

Eat N Park Restaurant

www.eatnpark.com

2650 Brandt School Road

Wexford, PA 15090

724-940-3270

and

19085 Perry Highway

Mars, PA 16046

724-776-4460

(and other locations)

Eat N Park gets a big smile for being an inexpensive, family-friendly restaurant dedicated to featuring food from local farms. Here's where to go for more information on their excellent FarmSource program: www.eatnpark.com/menu_farmsource.asp.

Be sure to check out the Pittsburgh Local Food Guide attached to this packet (or available at www.urbanfoodworks.org/guide) for additional restaurants in the Pittsburgh area (such as Bona Terra, The Café at the Frick, Legume Bistro, Casbah, and Eleven) that are known for their commitment to purchasing local food whenever possible.

2009 EAT LOCAL ADVENTURE RECIPES AND MEAL IDEAS

The goal of this “Adventure” is to have fun eating locally, and to see how delicious it can be. To help get you started, here are some recipes featuring local produce you should have no trouble finding now.

Breakfast

Whole Wheat Blueberry Pancakes

1 1/4 c. whole wheat flour
2 tsp. baking powder
1 egg
1 to 1 1/4 c. milk (enough to make batter thin enough to pour, but not runny)
1/2 tsp. salt
2 Tbs. honey (or white or brown sugar, if using as an exemption)
1/2 c. blueberries
Butter
Maple syrup

Sift together flour and baking powder, set aside. In a medium bowl, beat egg, milk (start with 1 cup), salt, and sugar. Stir in flour mixture until just moistened (add more milk if needed). A little vanilla and/or cinnamon added to the batter is good, too.

Preheat a heavy-bottomed skillet over medium heat, and add a small amount of butter (enough to coat pan when melted). Pour approximately 1/4 cup of the batter into the pan for each pancake. Sprinkle with blueberries, and cook until bubbles form on surface. Turn, and continue cooking until golden brown.

These freeze and reheat well, so you may want to double the batch and pull them out when needed.

Whole Wheat Blueberry Buckle

[note: this requires use of sugar as an exemption]

3/4 c. sugar
1/2 c. butter, softened
1 egg
1/2 c. milk
2 c. whole wheat flour (it's even better with at least half white flour, if that is one of your exemptions)
1/2 tsp. salt
2 tsp. baking powder
2 c. fresh blueberries

Topping:

1/2 c. sugar

1/3 c. whole wheat flour (here again, we typically use white flour, but we taste-tested it with whole wheat for the Eat Local Adventure and it was very good!)

1/2 tsp. cinnamon (I use a bit more)

1/4 c. butter, softened

(1) Preheat oven to 375°. Grease and flour a 9" square pan (lined muffin pans also work well).

(2) In a large bowl, thoroughly mix sugar, butter, and egg. Stir in milk. Sift together flour, baking powder, and salt. Add to egg mixture. Stir in berries.

(3) Spread batter in prepared pan.

(4) Combine topping ingredients until crumbly; sprinkle over batter.

(5) Bake 45 to 50 minutes (less if making muffins), or until a toothpick inserted in the center comes out clean.

Bacon-Potato Omelet

3 bacon strips, diced

2 cups diced peeled potatoes

1 medium onion, chopped

4 eggs, lightly beaten

salt and pepper to taste

1/2 cup shredded Cheddar cheese

In a 9-in. nonstick skillet, cook bacon until crisp. Drain, reserving drippings. Set bacon aside. Cook potatoes in drippings until almost tender. Add onions and cook until potatoes and onions are tender, stirring occasionally. Add eggs, salt, and pepper; mix gently. Cover and cook over medium heat until eggs are completely set. Sprinkle with cheese. Remove from the heat; cover and let stand until cheese is melted. Sprinkle with bacon. Carefully run a knife around edge of skillet to loosen; transfer to a serving plate. Cut into wedges. Serve.

Berry Smoothie

1 cup milk

2 c. local seasonal fruit (blueberries and raspberries are good now), frozen

3 tablespoons honey

1 cup ice cubes

Place the milk, fruit, and sugar in a blender; cover and process until smooth. Add ice cubes; cover and process until smooth.

This smoothie is also good with yogurt instead of milk. It is easy to make yogurt yourself at home, and if you are a yogurt fan, a yogurt maker is a good investment (I have had good luck with the Euro Cuisine Yogurt Maker - YM80, which comes with glass jars and costs less than \$30). Because you will need to use a yogurt starter (dry or fresh), however, and because I was not able to locate a local source for either a dry starter or yogurt generally, I am not listing homemade yogurt as a “local” product – although it certainly comes as close to it as is possible! There are lots of websites with information on making your own yogurt (including Greek-style yogurt), if you want to find out more.

Main Courses

Roast Chicken with Potatoes and Carrots

1 six-pound roasting chicken
1 Tbs. unsalted butter
Salt and freshly ground black pepper
2 medium onions, peeled and sliced crosswise 1/2 inch thick
1 lemon (if using lemons as an exemption, otherwise omit)
3 large cloves garlic, peeled
4 sprigs fresh thyme
Carrots, peeled and cut into pieces
Potatoes, cut into pieces

Let chicken and 1 tablespoon butter stand at room temperature for 30 minutes. Preheat oven to 425 degrees. Remove giblets. Rinse chicken inside and out under cold running water. Dry chicken thoroughly with paper towels. Tuck the wing tips under the body. Sprinkle the cavity of the chicken liberally with salt and pepper, and set aside.

In the center of a heavy-duty roasting pan, place onion slices in two rows, touching. Place the palm of your hand on top of lemon (if using) and, pressing down, roll lemon back and forth several times. Pierce entire surface of lemon with a fork. Using the side of a large knife, gently press on garlic cloves to open slightly. Insert garlic cloves, thyme sprigs, and lemon into cavity. Place chicken in pan, on onion slices. Cut about 18 inches of kitchen twine, bring chicken legs forward, cross them, and tie together.

Spread the softened butter over entire surface of chicken, and sprinkle liberally with salt and pepper. Place in the oven, and roast until skin is deep golden brown and crisp and the juices run clear when pierced, about 1 1/2 hours, adding potatoes and carrots for the last 45 minutes or so. When chicken seems done, insert an instant-read thermometer into the breast, then the thigh. The breast temperature should read 180° and the thigh 190°.

Note: This is adapted from a Martha Stewart recipe for “Perfect Roast Chicken” that calls for making gravy afterwards and omits the carrots and potatoes. For her exact recipe, see www.marthastewart.com.

Corn, Sausage, and Pepper Chowder

2 tablespoons butter
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
2 cups chicken broth
1 pound red potatoes, cut into chunks
1/4 teaspoon ground white pepper
1/4 teaspoon ground cumin
3 1/2 cups fresh sweet corn
14 ounces kielbasa, halved and sliced
1/3 cup milk
1/3 cup heavy cream
grated cheddar and/or pepper jack cheese, if desired

In a large pot over medium heat, melt butter. Cook onion and bell peppers in butter until tender, 10 to 15 minutes, adding garlic for the last few minutes. Stir in broth, potatoes, pepper, and cumin and bring to a boil. Reduce heat and simmer 20 minutes, or until potatoes are tender.

Place half the corn in a blender or food processor and puree until smooth. Stir pureed corn, remaining whole corn, kielbasa, milk and cream into soup. Simmer 20 minutes more. Serve with sprinkled cheese, if desired.

Adapted from: Gail, www.allrecipes.com.

Mom's Hearty High-Fiber Vegetable Soup

[note: this is my favorite soup, but I have not been able to find barley locally. I would imagine that this would still be wonderful without the barley, but would cut back on the stock a little.]

3 cups chopped green pepper
2 cups chopped onions
3 cloves garlic, crushed
4 Tbs. butter
4 cups chopped fresh tomatoes
2 cups cut green beans
1 cup each: sliced carrots, scraped corn, chopped cabbage, chopped celery,
diced potatoes, diced yellow squash (or zucchini)
2 1/2 quarts chicken, beef, or veggie stock
2 Tbs. lemon juice (if using lemons as an exemption – if not, leave out)
spices: 1 bay leaf, 2 tsp. marjoram, 1 tsp. thyme, 1/2 tsp. black pepper,

1/4 tsp. red pepper
1/2 cup minced parsley
1 cup barley (if using barley as an exemption)

Melt butter in large stock pot. Add peppers, onions, and garlic and sauté 2-3 minutes or until tender.

Add all remaining ingredients except parsley and barley. Mix together and simmer, covered, for 20 to 30 minutes.

Add parsley and barley. Simmer 40 minutes longer. Add salt and pepper to taste.

Optional: Cook a chuck roast until it falls apart, shred it, and add it to the soup.

Summer Garden Ratatouille

2 onions, chopped
4 cloves garlic, minced
1 bay leaf
3 Tbs. olive oil (substitute butter if not using olive oil as an exemption)
1 medium eggplant, chopped
1½ Tbs. fresh basil, chopped (or 2 tsp. dried)
1 Tbs. fresh rosemary, chopped (or 1 tsp. dried)
1½ tsp. salt
1 tsp. fresh marjoram, chopped (or ½ tsp. dried)
2 summer squash/zucchini (I use one yellow and one green)
2 sweet peppers (red, green or orange – as with the summer squash, I try to use different colors because it looks so pretty when it's done!)
2 cups chopped tomatoes
fresh parsley and/or freshly grated Parmesan cheese (optional)

1. Heat oil and sauté onion for about 5 minutes, adding garlic and bay leaf for final 2 minutes of cooking time.
2. Add eggplant, basil, rosemary, salt, and marjoram. Cover and cook over medium heat, stirring occasionally, until eggplant is soft (about 15-20 minutes).
3. Add summer squash, peppers, and tomatoes and simmer until tender (about 10 minutes). Sprinkle with parsley and/or Parmesan cheese.

Note: This recipe was adapted from the Simply in Season cookbook. It is particularly good over pasta or polenta, or on a sandwich bun.

Side Dishes, Snacks, and Miscellaneous

Zucchini-Corn Medley

4 slices bacon
2 cups chopped zucchini
1 1/2 cups fresh corn kernels
1 small onion, chopped
1 clove minced garlic (or 1 tsp. garlic powder)
1 pinch pepper
1/2 cup shredded Cheddar or Monterey Jack cheese

Fry bacon in a large, deep skillet over medium-high heat until crisp. Drain bacon, reserving 1-2 Tbs. of drippings, chop, and set aside.

Heat the drippings in the skillet over medium heat. Sauté the zucchini, corn, and onion until crisp-tender (about 10 minutes) adding garlic for last minute or two. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Blueberry-Melon Soup

1 honeydew melon (or cantaloupe/muskmelon)
1 pint blueberries

Cut the melon from the rind and into chunks. Puree until smooth in a food processor or blender. Pour into a large bowl and stir blueberries into pureed melon. Chill until ready to serve. Sprinkle with a dash of cinnamon, if desired. Serves 6.

Note: the original recipes calls for ladling soup into individual bowls and crumbling an oatmeal cookie over each serving immediately prior to serving, but it is almost as good without the cookie!

Green Beans in Tomato-Basil Sauce

1 1/2 pounds green beans, trimmed and cut into 2 inch pieces
1 1/2 cups ice water
1/4 cup butter
1 tablespoon sugar (substitute honey if not using sugar as an exemption)
2-3 cloves garlic, minced
1/4 teaspoon pepper
1 1/2 teaspoons chopped fresh basil
2 cups cherry tomato halves

salt to taste

grated cheese (optional)

Place beans and ice water in a large saucepan. Cover and bring to a boil. Simmer a few additional minutes (until tender). Drain off water and set beans aside.

Melt butter in a skillet over medium heat. Stir in sugar, minced garlic, pepper and basil. Add tomatoes and cook, stirring gently, just until tomatoes soften. Add salt to taste. Pour the tomato mixture over the green beans, and toss gently to blend. Serve with grated cheese, if desired.

Green Onion Hash Brown Potatoes

2 or 3 large leftover baked potatoes

1 tablespoon vegetable oil

2 tablespoons butter

5 green onions, finely chopped, whites and greens

Salt and pepper or steak seasoning blend

Scoop cooked potatoes from shells and coarsely chop.

Heat a medium nonstick skillet over moderate heat. Add oil and butter to the pan. When butter melts, add green onions and cook 1 minute.

Add potatoes and cook, turning occasionally, until potatoes are crusted and golden and onions begin to brown at edges. Season and serve.

Adapted from: 30 Minute Meals with Rachael Ray

Zucchini-Stuffed Mushrooms

12 large fresh mushrooms

1 cup shredded zucchini

1 green onion, sliced

salt and pepper to taste

1 Tbs. olive oil (if using olive oil as an exemption, otherwise, substitute butter)

1/4 cup grated parmesan cheese

Remove entire stem from each mushroom (using a small paring knife so that there is a well in each mushroom cap for the filling). Set caps aside.

Finely chop stems.

In medium saucepan, cook zucchini, chopped mushroom stems, and sliced onions in oil over medium heat until tender, stirring often.

Remove from heat and stir in cheese. Add salt and pepper to taste.

Fill mushroom caps with zucchini mixture. Place in baking dish and bake at 375°F for 10-12 minutes or until tender. Serve warm.

Popcorn makes an excellent snack, whether popped in oil (if it's one of your exemptions – if not, clarified butter might work) on the stovetop, or in a hot air popper. You can also put about ¼ c. of kernels in a brown paper lunch bag, fold it over a few times, and pop it in the microwave.

Dessert

Note: All of these recipes require use of sugar as an exemption.

Schaum Torte with Fresh Berries

6 egg whites, at room temperature
2 cups sugar (divided)
1/2 cream of tartar
1/4 teaspoon salt
Ice cream (see recipe below)
5 cups fresh berries, sliced
Whipped cream

Preheat oven to 275°F. Grease and lightly flour 2 large cookie sheets.

Beat egg whites in glass bowl until they form soft peaks when beater is lifted from whites. Beat in 6 tablespoons sugar, 2 tablespoons at a time, until thoroughly incorporated. Add cream of tartar, salt, and remaining sugar, beating constantly.

Drop 12 spoonfuls of mixture on prepared sheets, 3 inches apart and forming each into a mound 3 inches in diameter.

Bake in preheated oven 35 to 40 minutes or until dry to the touch. The meringue should be firm when touched with your finger. Turn off oven, keeping door closed, and let cool completely.

When cool, remove tops by slicing horizontally with a serrated knife. Fill bottoms with ice cream, cover with sliced strawberries and top with whipped cream. Replace tops. Serve immediately.

Cinnamon Ice Cream

(Note: for vanilla ice cream, just leave out the cinnamon)

3/4 cup white sugar
1 1/2 cups half-and-half
2 eggs, beaten
1 cup heavy cream
1 teaspoon vanilla extract
2 teaspoons ground cinnamon

In a saucepan over medium-low heat, stir together the sugar and half-and-half. When the mixture begins to simmer, remove from heat, and whisk half of the mixture into the eggs. Whisk quickly so that the eggs do not scramble. Pour the egg mixture back into the saucepan, and stir in the heavy cream. Continue cooking over medium-low heat, stirring constantly, until the mixture is thick enough to coat the back of a metal spoon. Remove from heat, and whisk in vanilla and cinnamon. Cool completely in the refrigerator.

Pour cooled mixture into an ice cream maker, and freeze according to the manufacturer's instructions.

Whole Wheat Snickerdoodles

1/2 cup butter
3/4 cup packed brown sugar
1 egg
1 teaspoon vanilla extract
1 1/2 cups whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon cream of tartar
2 tablespoons white sugar
1/2 teaspoon ground cinnamon

Cream butter and sugar till fluffy. Add egg and vanilla. Beat well. Add dry ingredients.

Shape dough into 1 inch balls and roll in sugar cinnamon mixture. Place 2 inches apart on ungreased cookie sheets. Flatten slightly with a drinking glass.

Bake at 375° for 8-10 minutes.

2009 FARMERS' MARKET AT PINE COMMUNITY PARK EAT LOCAL ADVENTURE

Name of participant/participating family: _____

Number of people participating: _____

Participated for _____ meal(s) _____ day(s) _____ week(s)

Telephone number:¹ _____

E-mail address (optional, for Market updates): _____

Why did you decide to sign up for the "Eat Local Adventure"?

What food or recipe did you try while on the "Eat Local Adventure" that you otherwise may not have?

What were your exemptions?

What was the most challenging part of the Adventure?

What was the most rewarding part of the Adventure?

Please note that your responses may be gathered together with those of others in preparing a summary of this event. Completion and submission of this questionnaire constitutes permission to use any response for the purpose of preparing this summary. Names of participants will not be used.

¹ We will only use your telephone number to contact you if you won the basket and are not present when the drawing is held to claim it.